



Oh, damn, I could have had a V8...



Chaz

 [**cvillette**](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>

2007-10-11 13:17:00

MOOD: 🙄 le sigh

MUSIC: Zombie Girl - Creature of the Night

Actually, I did. ([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D11)

[to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D11](https://www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D11))

And kept the fat grams under a hundred again, but the calorie count is *just not happening*.

There is a limit to how much whole wheat pasta and brown rice I can cram into my stomach. And that kicks up my protein intake, when I start to rely on it.

The veggie juice is saving my butt, though. It's a keeper.

I guess I am going to have to make a cold, rational decision. Heart disease, or liver/kidney failure. And I think I have to go with the fat. It'll take longer, for one thing, and for another, if I load up on olive oil and other good fats, it will help. Also, with the oatmeal and garlic, and not so much cholesterol.

I find it hysterical that Worth's little food tracking challenge is turning me into a vegetarian, though. I mean, not like a real vegetarian. My ethics quail in the face of a nice, juicy New York Strip. (And if Mrs. Chow didn't put me off meat, nothing will.) But somebody who eats what are commonly held to be vegetarian *things*. Like soy cheese.

Although I'm not going to lie to you and tell you it's not nasty.

You know, I think I will just have a couple of beers tonight before bed.

Beer has calories.



[locked] Dream Journal


All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah, I'm

Poppets. Puppets. Poppet puppets.
Scary.



 [trollcatz](#)

[October 11 2007, 19:25:23 UTC](#) [COLLAPSE](#)

"Mrs. Chow?" asked Totally-Out-Of-The-Loop Girl.

And hang on--you're doing spooky pre-Halloween songs! It only took me almost halfway into the month. Man, I'm good. Must be a profiler.



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[October 11 2007, 19:29:37 UTC](#) [COLLAPSE](#)

Monster Zoo. Before our time.

Um. Don't read the file over lunch.

Halloween is The Most Wonderful Time Of The Year, silly trollcat.